



Cat Cow

Position yourself on your hands and knees with your hands placed under your shoulders and your knees directly under your hips. Slowly round your back up towards the ceiling and then arch your back down by pulling your abdomen towards the floor.

Repeat 15 Times

Hold 5 Seconds

Complete 1 Set

Perform 3 Times a Week



DEAD BUG

While lying on your back with your knees and hips bent to 90 degrees, use your stomach muscles and maintain pelvic neutral position. Do not allow your spine to move.

Hold pelvic neutral and then slowly straighten out a leg without touching the floor. At the same time raise an opposite arm over head. Do not allow your spine to arch during this movement.

Return to starting position and then repeat on the opposite side.

Repeat 10 Times

Hold 1 Second

Complete 2 Sets

Perform 3 Times a Week



QUADRUPED ALTERNATE ARM AND LEG - BIRD DOG

While in a crawling position, brace at your abdominals and then slowly lift a leg and opposite arm upwards. Lower leg and arm down and then repeat with opposite side.

Maintain a level and stable pelvis and spine the entire time.

Repeat 10 Times

Hold 1 Second

Complete 2 Sets

Perform 3 Times a Week



HAMSTRING STRETCH - SITTING

While sitting with your leg stretched out, reach forward with your hands towards touching your toes.



Repeat 1 Time
Complete 3 Sets

Hold 30 Seconds
Perform 3 Times a Day



Crossover Stretch

Keeping leg straight, lift leg and then drape over to the opposite side, lower until you feel a stretch and hold

Complete 3 Sets

Hold 30 Seconds
Perform 3 Times a Day



PRONE SUPERMAN

While lying face down, slowly raise your arms and legs upward off the ground. Then lower slowly back to the ground.

Repeat 10 Times
Complete 2 Sets

Hold 5 Seconds
Perform 3 Times a Week



Inchworms

Stand then reach forward towards floor with hands. Keep feet planted, walk hands forward maintaining trunk and lower back active. Walk hands as far as possible with good form then walk hands back towards feet until a mild stretch is felt in the hamstrings.

Repeat 10 Times

Complete 2 Sets

Perform 3 Times a Week